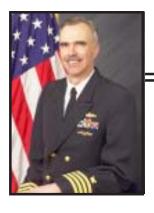


December 2004

Defense Distribution Depot Susquehanna, PA

Volume 5, Number 3





#### Captain's Corner

Andy Williams made famous a song called, "It's the Most wonderful Time of the Year." The song certainly describes the Christmas

and holiday season the way we would like it to be....full of good cheer and good will toward all people, giving gifts, spending time with family and friends, relaxing, and unwinding...enjoying the rich heritage and traditions of several thousand years. While this idealized version of the holiday season is what we would all like to strive for, it often ends up being a frenetic rat race of multiple runs to overcrowded shopping malls, spending more money than we should on our families that have more things than they possibly need, jumping from one party to another all the way through New Years Day, and generally feeling exhausted by the whole process. This year step back from the melee and contemplate the reason for the multiple religious celebrations of the month. Remember that there are still those in this richest nation of the world that have significantly less than you do. The base has a long tradition of supporting local needy children through the Children's Christmas Party. It is a worthy cause which has fund raisers throughout the year. There are multiple ways to contribute to this event, not only monetarily, but also through the gift of your time, which may be the best gift of all. It takes many people to successfully coordinate an event that affects over a hundred local needy children. Please participate if you can. Also, look around for those who perhaps do not have family in the area and can't leave for whatever reason. Share your warmth, holiday traditions and hospitality with those who might otherwise experience none.

We have changed the rules at the gates to allow some more flexibility in bringing in guests in case you decide to have that large party and invite many of your civilian friends. As long as you call or drop off a list of invitees at gate 3, your friends will be allowed on base without escorts as long as they have appropriate picture identification. This flexibility is also extended to contractors. I expect people to behave responsibly with this new flexibility. Call ahead of time. Make sure the police are aware of your friends coming before they arrive at the gate. The base police are not gate receptionists.

If you are traveling outside the area during this holiday season, do so safely. Watch out for those who are not drinking responsibly. Be considerate of your neighbors when you do have large celebrations. Remember and say a prayer for our troops this holiday season who are deployed overseas and are not spending time with family. This is a difficult time of the year for them also. Enjoy the holiday traditions that you and your family have established whatever your religious beliefs. Wishing you the very best this holiday and Christmas Season.

J. NABER Captain, SC USN Commander

The Connection is an authorized monthly publication intended for civilian and military personnel and housing residents of the Defense Distribution Depot Susquehanna, PA (DDSP) and co-located activities at the New Cumberland Installation. The contents are not necessarily the official view of, or endorsed by, the U.S. Government, Department of Defense, Defense Logistics Agency, Defense Distribution Center, DDSP, or any tenant commands.

The editorial content is edited by, prepared and provided by Wendy Keesey, Marketing Specialist. Address mail to the Connection, DDSP-PH, 2001 Mission Drive, Suite 1, New Cumberland, PA 17070; wendy.keesey@dla.mil. Phone: 770-5072.

The Connection may also be viewed at our web site: http://www.ddc.dla.mil/qol/

# Sally Solidays

Please come join us for a Spectacular Holiday Gathering on

Tuesday,
December 7, 2004
7:00 p.m.
at the residence
of Jennifer Lally

Highlights of the evening include:

Light Supper, Ornament Exchange, Sharing your favorite Christmas/holiday stories, traditions.....

For more information/ directions or to r.s.v.p., please call Jennifer Lally (774-2253)

Sook Yee Naber (728-9909)

Open to spouses of all active duty military members working within the command or tenant commanders in DDSP; active duty female military members, and spouses of retired military members residing in the area.

## Depot Women's Club **Christmas Brunch**



December 15. 2004

Susquehanna Club Social 10:00 a.m

**Brunch** 10:30 a.m. (\$7.00)

r.s.v.p Margaret Strumsky or Allison Wilson 763-1714 763-0343

# Scholarship Applications Available for Class of 2005

The Depot Women's Club has scholarships available.

Eligible high school seniors must mail request for application no later than January 20, 2005 \*

Application forms available from DDSP Family Services 770-5072 or Heidi Castle 795-7187.

# To be eligible, the applicant must fulfill ALL of the following requirements:

- Be a legal dependent residing with an employee, active military or civilian assigned to DDSP, DDC, or tenant located on the New Cumberland installation, or be a legal dependent of and residing with retired military/DoD personnel in Cumberland, Dauphin, Perry, or York county, or be a legal dependent of military personnel who are on temporary duty or a hardship tour away from DDSP, DDC, or tenant, leaving the family behind in Cumberland, Dauphin, Perry, or York county. The Board may consider any exceptions regarding qualifying counties.
- Be a graduate of a high school in Cumberland, Dauphin, Perry, or York county.
- Have a GPA of 2.5 or higher on a scale of 1.0 - 4.0
- Be active in school & community activities.
- Have demonstrated leadership qualities and abilities.

Scholarships for academic excellence and leadership will be offered to deserving seniors to assist them in their pursuit of higher education.

The revenues from various fund-raising events sponsored and operated by the Depot Women's Club, will determine the number of scholarships awarded.

These scholarships are for tuition only and are sent directly to the recipient's college/university or accredited vocational/technical school.

\* The applicant's race, religion, or national origin will not affect eligibility. Students enrolling at any of the U.S. Service Academies and students accepting full scholarships covering tuition, fees, room & board are not eligible. Applicants must be enrolled as a full time undergraduate student as defined by the educational institution during the following academic year (fall through spring term). Eligibility will be determined by sponsor's status as of the closing date of the application. Decisions of the scholarship committee are final.

# Depot Women's Club Request for Scholarship Application

Eligible high school seniors please complete this form and mail no later than January 20, 2005. You will receive the application packet within two weeks of receipt. Please mail to Mrs. Heidi Castle, Scholarship Chair, 5149 Kylock Road, Mechanicsburg, PA 17055-4820

# PLEASE PRINT Name: Home Phone: Address:\_\_\_\_\_ City: \_\_\_\_\_ Zip:\_\_\_\_ Email address (optional): All applicants please include photocopy of both sides of your student I.D. card (required). High School:\_\_\_\_\_ Address: Sponsor's Name: Address: Sponsor's Organization: Please list all of the schools to which you have applied:

I understand that any funds, which may be awarded for my benefit, will be for the sole purpose of furthering my education in an accredited college/university or vocational school/technical school of my choice. The funds will only be released by the Depot Women's Club Scholarship Award Fund in response to a bill on my account submitted by the school of my choice. The fund will be paid directly to the school on my account.

Applicant's Signature:\_\_\_\_\_ Date:\_\_\_\_\_

All information on your request for application will be treated in a strict confidential manner.

#### Holiday Season Safety

Excepted from the National Safety Council web page

#### **Decorations**

Wear gloves while decorating with spun glass "angel hair." It can irritate your eyes and skin. A common substitute is nonflammable cotton. Both angel hair and cotton snow are flame retardant when used alone. However, if artificial snow is sprayed onto them, the dried combination will burn rapidly. When spraying artificial snow on windows or other surfaces, follow directions carefully. These sprays can irritate your lungs if you inhale them.

#### **Fireplaces**

Never burn evergreens or wreaths in a fireplace or in a wood stove to dispose of them. They can flare out of control and send flames and smoke into the room. Also, do not burn wrapping paper in the fireplace. It often contains toxic metallic materials.

#### Candles

Never use lighted candles near trees, boughs, curtains/drapes, or with any potentially flammable item.

#### **Toys and Gifts**

Be very careful when choosing toys for infants or small children. Don't get anything that can be put in the throat, nose or ears. Avoid toys with small parts that can be pulled or broken off. If you are giving toys to several children in one family, consider their age differences and the chances that younger children will want to play with older kids' toys.

#### Older adults

Select gifts for older adults that are not heavy or awkward to handle. For persons with arthritis, make sure the gift does not require assembly and can be easily opened and closed. Choose books with large type for anyone with vision impairment.

#### **Plants**

Small children may think that holiday plants look good enough to eat. But many plants can cause severe stomach problems. Plants to watch out for include: mistletoe, holly berries, Jerusalem cherry, and amaryllis. Keep all of these plants out of children's reach.

#### **Food and Cooking**

Holidays often mean preparing large meals. Wash hands, utensils, sink, and anything else that has come in contact with raw poultry. Keep in mind that a stuffed bird takes longer to cook. For questions concerning holiday turkey preparation and cooking call the United States Department of Agriculture Meat and Poultry Hotline at 1-800-535-4555. Refrigerate or freeze leftovers in covered shallow containers (less than two inches deep) within two hours after cooking. Date the leftovers for future use.

#### Alcohol, Parties and Driving

Being a smart party host or guest includes being sensible about alcoholic drinks. More than half of all traffic fatalities are alcohol-related. Use designated drivers, people who do not drink, to drive other guests home after a holiday party.

#### **Stress**

You can't avoid stress during the holidays, but you can give yourself some relief. Allow enough time to shop rather than hurry through stores and parking lots. Only plan to do a reasonable number of errands. Take time out for yourself. Relax, read, or enjoy your favorite hobby at your own pace.

# Looking for Something to Do? LOOK NO MORE!

Join us at Youth Services
Computer Lab w/Internet Access
Video Games, Pool Tables, Ping Pong,
Foosball, and Arts and Crafts

Youth 12 and under: Good Times Card \$15 for 30 hours

Teens 13 - 18 yrs Teen Card \$20/year. **Hours Mon - Thu** 5:15 - 7:15 p.m

**Fri** 5:15 - 8:15 p.m.

Sat

Noon - 8:00 p.m.

Questions? Call 770-6768

#### ADVERSE WEATHER **ANNOUNCEMENTS** Media List HARRISBURG AREA: WGAL-TV Channel 8 WHTM-TV Channel 27 CLEAR CHANNEL BROADCASTING WHP 580 - Talk Radio The River - WRVV 97.3 WHP - CBS 21 **WLYH - 15** Bob 94.9 Kiss 99.3 WNNK (WINK 104) WTPA (93.5 FM) SUNBURY BROADCASTING WKOK - AM WEGH - FM WOK - FM Newsradio 1070 Eagle 107.3 KX 94.1 WROZ (The Rose 101.3) WKRZ (106.7) WQXA (105.7 - The X) **GETTYSBURG AREA:** WGTY (Country 108) WGET (1320) CARLISLE AREA: WHYL AM/FM (Country 102) YORK AREA: (WARM 103.3) WSBA (910)

# Carlisle Barracks Education Center

Personnel will be available to answer civilian education questions for military personnel, family members, DoD civilians and retirees at the Community Center, Bldg 286.

December 1, 9, & 15, 2004.

9:00 a.m. - 3:00 p.m.



For information call (717) 245-3943.



# Bowling Center

Daily Hours & Events

#### Sunday

1:00 - 9:00 p.m.

Open Bowling 1:00 - 5:00 p.m. Mixed League 6:00 - 9:00 p.m. Sports on all digital screens

#### Monday 3:30 - 10:00 p.m.

Open Bowling 3:30 - 9:00 p.m. Monday Night Football 8:00 - ? Football on all digital screens

#### Tuesday

3:30 - 10:00 p.m.

Open Bowling 3:30 - 6:00 p.m. Ladies League 6:00 - 9:00 p.m.

#### Wednesday

3:30 - 10:00 p.m.

Open Bowling 3:30 - 6:00 p.m.

#### Thursday

3:30 - 10:00 p.m.

Open Bowling 3:30 - 10:00 p.m. Red Pin Bowling 3:30 - 9:00 p.m.

#### Friday

3:30 - 11:00 p.m.

Open Bowling 3:30 - 5:00 c.m. \$1.00 per game 5:00 - 8:00 p.m.

#### Saturday

2:00 - 10 00 p.m

Open Bowling 2:00 - 10:00 p.m. Red Pin Bowling 3:30 - 9:00 p.m. ESPN Game Plan/College Football

Activity	Manager Building		Telephone Number
Auto Center	Jim Marshall	250	770-5701
Auto Hobby	Wayne DeWolf	250	770-5699
Bowling Center	Wayne DeWolf	412	770-7325
Child Development Center	Mary Ann Jordan	255	770-7525
Defense Dining Facilities	John Ewell	2001	770-5125
Family Advocacy Program	Rick Pedzwater	2001	770-7066
Family Services	Karen Zinich	2001	770-5073
Financial Management	Charles Huck	2001	770-4926
Fitness Center	Carlton Rochelle	459	770-6428
Housing and Lodging	Kasandra White	268	770-8938
QOL Chief	Herb Messner	2001	770-5519
QOL Customer Service	Wendy Keesey	2001	770-5072
Recycling Center	Jim Marshall	49B	770-5961
Relocation Assistance	Rose Ditzler	2001	770-7737
Riverview Golf Club	Bob Dunkinson	300	770-5199
School Age/Youth Services	Amanada Munoz	255	770-6768
Susquehanna Club	Sharen Ewell	79	770-3030

#### Service Members May Now Carry Over 120 Days of Leave

Excerpted from Military.com

United States service members on the front lines are getting a break on their growing leave time. A new Department of Defense rule allows military personnel to carry over 120 days of leave - 30 days more than previously allowed - across fiscal years. The new regulation, which went into effect less than two weeks ago, applies to all branches of service. American troops have deployed frequently in the last three years, making it difficult for some personnel to take all the time off they have earned.

There are about 150,000 troops in Iraq and about 20,000 soldiers in Afghanistan. In addition, the Navy has dispatched ships on short-

notice deployments in the past year. A service member with too much leave can get into a use-or-lose situation if they continue accumulating time off without taking a break. Troops earn 30 days' leave each year.

Eligible personnel who want to carry their leave to the next fiscal year must request it from their command. Requests must be submitted no later than the end of the first quarter of the following fiscal year. For more information, see <a href="http://www.military.com">http://www.military.com</a>.





Have a great family holiday
adventure at
HERSHEYPARK
CANDYLANE
and
HERSHEY
SWEETLIGHTS

#### **CANDYLANE**

Wristband
Vouchers
Nov 19 - Jan 1
\$ 15.00
per person

#### **SWEETLIGHTS**

Car Vouchers Nov 15 - Jan 1 \$ 14.00 per car

Tickets are available at the Fitness Center, Bldg 459

1				
Activity	Dec 24	Dec 25	Dec 31	Jan 1
Auto Center Closed		Closed	Closed	Closed
Auto Hobby Shop	Closed	Closed.	Closed	Closed
Bowling	Closed	Closed	Open	Closed
Child & Youth Development Services	Closed	Closed	Closed	Closed
Defense Dining Services	Closed	Closed	Closed	Closed
Family Advocacy Program	Closed	Closed	Closed	Closed
Fitness Center	Closed	Closed	Closed	Closed
Golf Club	8:00 am - 3:00 p.m., weather permitting Call 770-5199.	Closed	Closed	8:00 am - 3:00 p.m., weather permitting Call 770-5199.
Health Clinic	Closed	Closed thru Dec 27	Closed	Closed thru Jan 3
Lodging	Closed	Closed	Closed	Closed
Shoppette	Closed	Closed	Closed	Closed
Susquehanna Club	Closed	Closed	7:00 p.m	1:00 a.m.

# Kidz

# o r n e r

The Hughes family announces their children were winners in the Sunburst USA regional preliminary modelling and talent pageant on October 16, 2004. All three children are eligible to compete in the state finals in May 2005 at Harrisburg, PA

Aaron won first place and most photogenic in the 0 - 23 month division.



Brittany won first runner up in the pre-teen division.

#### **Holiday Craft for the Family**

Here is a great way for the family to spend time together. Not only will you create ornaments, but lasting memories.

#### **Cinnamon Dough**

You will need:

1/2 cup Applesauce

3/4 cup ground cinnamon

3 Tbsp white school glue

Extra cinnamon

Combine glue and ground cinnamon in a bowl. Add applesauce, stirring constantly until you have a stiff dough. You may not need all the applesauce or you may need a smidge more. Remove dough onto the table and knead for 5 minutes until firm.

Let rest 30 minutes at room temperature.

Lay waxed paper out on the table.

Dust rolling pin with cinnamon and roll clay out on the waxed paper to about 1/8 inch thick.

Cut out with cookie cutters of your choice.

Poke a hole in the top (if you like) with a straw.

Leave in a warm, breezy location to dry for about 48 hours to 1 week.

Turn over every 24 hours during the drying process.

They smell wonderful!



#### Hey Kíds What do you do 0 after school? U

1st Visit Free

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S

We have: Vídeo Games Computer Lab (W/Internet access) Sports

Arts & Crafts Field Trips Bowling Movie & Pízza Night

and more!

#### Hours

Mon - Thu

5:15 - 7:15 p.m.

Frí

5:15 - 8:15 p.m.

Sat

12:00 - 8:00 p.m.

Bldg 255

Call 770-6768

#### Calling All Kids

between the ages of 6 & 12 years

Come and meet our cool visitors! They are going to help us with things that make life harder. We meet in December on Tuesday, Dec 7, 14 & 21 at the Child & Youth Development Services Building at 4:15 p.m.

#### Hot spots this month are:

Dec 7: Naughty or Nice

Dec 14: Learning to Serve

(Part 1)

Dec 21: Learning to Serve

(Part 2)



## Special Holiday Loan Offer 1/2% off ALL loans\*

The holidays should be a time for family, friends and goodwill. We hope that you and yours feel the magic of the season with a song in your hear and excitement in the air as the holidays draw closer. Avoid allowing financial worries that take away the true excitement of the holidays as shopping, travel, and bills take their toll. Take advantage of this Special Holiday Offer today ~ 1/2% OFF ALL Loans!\*

Special from Oct. 15 to Dec. 15, 2004



\*except Line of Credit & VISA

Fort Indiantown Gap (212) 865-6641

(717) 757-1964

Main Office (717) 774-7706

DDC - Building 54-3 (717) 774-4634

DDC - EDC Facility Room 123 (717) 774-7999

#### "10 Worst Toys" List

Excepted from:www.toysafety.org

#### **Pocket Rocket Miniature Motorcycle**

Price: \$183.22

Manufacturer or Distributor: Razor USA,

LLC, Cerritos, CA Purchased: WalMart

Age Recommendation: 12+ years

**Warnings:** "The Pocket Rocket can be a dangerous activity and may result in injury or death even when used with safety equipment and other precautions.

Hazard: Potential for severe bodily injuries or death! The "Pocket Rocket" is an electric-powered version of the popular gas-powered street bikes. Children are encouraged to enjoy "powerful fun at speeds up to 12 mph!" Other vehicles may not see unsuspecting children using these electric motorcycles due to the product's low profile. The recommended age for riders indicated on the package is "12+ years." The owner's manual states "this product is intended for use only by persons who are, at a minimum, completely comfortable and competent riding a bicycle without training wheels."

#### **Imaginarium Police Car Building Blocks**

Price: \$9.99

Manufacturer or Distributor: Geoffrey, Inc.

Purchased: Toys R Us Age Recommendation: "1+"

Warnings: None

**Hazard:** Potential for chocking injuries! This toy is marketed for children as young as 1 year, yet is sold with four slender, rigid wooden dowels 1/2 inch in diameter, and ranging in length from approximately 3 inches to 5 ¾ inches. The dowels could be mouthed by young children, potentially leading to a choking tragedy.

#### **Dress Me Paz**

**Price:** \$19.95

Manufacturer or Distributor: Discovery Com-

munications, Inc.

Purchased: Discovery Channel Store

Age Recommendation: "For all ages" (on toy) "Ages 18 months and up!" (on packaging)

Warnings: None

Hazard: Potential for ingestion and choking injuries! Young children are encouraged to "unbutton Paz's backpack to reveal a teddy bear surprise inside!" The green plastic button on the backpack is attached using only thread and could be ingested by young children. Once detached, the button fails even the toy industry's inadequate small parts "choke tube" standard. A tag on the toy states that it is for "all ages", in contrast to the "18 months and up" age recommendation on the box.

#### Megabuster Battle Weapon

Price: \$16.99

Manufacturer or Distributor:

Mattel, Inc.

Age Recommendation: "6+"

Warnings: "WARNING! Do not aim at eyes

or face", and other warnings

**Hazard:** Potential for impact injuries. Children are encouraged to "experience the futuristic world of cyber adventure!" with the MegaBuster cannon and cyber sword. The rigid, plastic blade extends approximately 9 ¼ inches from a plastic sleeve, designed to slide onto a child's arm for "combat".

#### Fun Slides Carpet Skates

Price: \$18.00

Manufacturer or Distributor:

Simtec, Co., Irwin, PA

Age Recommendation: "Recommended for

ages 6 and up"

**Warnings:** "Caution: Serious injury can result from the use of this product", and other cautions.

Hazard: Potential for Head or other impact injuries! These "carpet skates" are designed to mimic the sensation of "socks on a hardwood floor", by attaching to shoes with velcro straps. Children are cautioned on the packaging: "Do not use on or near stairs. Always make sure area is free of dangerous objects and obstacles." Despite packaging language that protective gear should be used, the children and adults pictured on the front

are depicted with no protection.

#### **Air Burst Rockets**

Price: \$32.99

Manufacturer or Distributor:

William Mark Corporation, Claremont, CA Age Recommendation: "For Ages 10 and up

with adult supervision"

Warnings: "Misuse of this product can cause SEVERE INJURY, including loss of an eye or

death", and other warnings

Hazard: Potential for Eye or Other Severe Injuries! This "high-powered rocket launching system" includes the "World's Highest and Fastest Air Rockets!" The package insert includes several safety instructions i.e. "NEVER, NEVER get in the way of or put anything in the path of a launching rocket." The launch pressure is provided by a bicycle pump, but because the "strength and number of pumps required varies with temperature and pump quality." The package insert includes a chart indicating the "approximate" range of pumps required for the rocket to launch with "tremendous air velocities."

#### 38" Playtime Trampoline

Price: \$29.99

Manufacturer or Distributor: Variflex, Inc., Moorpark, CA

Purchased: Toys R Us

Age Recommendation: "3+"

**Warnings:** "Misuse and abuse of this trampoline is dangerous and can cause serious injuries," and other warnings.

Hazard: Potential for Head, Neck, and Other Serious Bodily Injuries! The user's manual refers to the potential for children to be injured while engaged in this "recreational sport." The trampoline is sold in the toy aisle for children as young as 3 years old. The many hazards associated with trampoline use make it apparent that this equipment should not be sold as a "playtime" activity for young children. The packaging promotes the trampoline as being "safe" and "Great for indoor and outdoor play!" A warning on the package insert states: "For Indoor Use ONLY".

#### Happy Birthday Bear

Price: \$10.99

Manufacturer or Distributor:

Gemmy Industries, Corp., Coppell, TX

Purchased: KB Toys

Age Recommendation: None

**Warnings:** "Remove all plastic fasteners and tags. These are part of the package and should be discarded."

Hazard: Potential for ingestion and choking injuries! These furry "Happy Birthday Bears", sold for all ages, play a catchy musical tune at the push of a paw. Sold with the toy are miniature, gift wrapped presents attached by thread. The tiny gift boxes can detach, presenting an ingestion hazard for small children.

#### Parents Magazine Mirror Pound-a-Ball

Price: \$12.99

Manufacturer or Distributor: Battat, Inc.; Parents Magazine

Purchased: Target

Age Recommendation: "12+ Months"

Warnings: None

Hazard: Potential for choking injuries! This activity toy for babies is sold with a rigid, plastic mallet, intended to "pound" the colorful balls accompanying the product. The mallet's slender handle, could be mouthed and block a child's airway. Young children have been known to choke on toys with long, slender handles which become lodged in their throats.

#### 3 Gun Squad Set-UZ-1 Commando Machine Gun

**Price:** \$14.95 (Set of 3)

Manufacturer or Distributor:

411 Toys (ACTA company), Van Nuys, CA **Purchased:** www.411games.com (Internet) **Age Recommendation:** "Not for children under 3 years"

**Warnings:** "Choking Hazard-Small parts. Not for children under 3 years"

**Hazard:** Realistic Toy Weaponry. Detailed replicas should never be sold as toys, and have been a concern of public safety officials for many years.



### **Family Advocacy** Program (FAP)

Dec 1, Coping with Holiday Stress Bldg 255

3:00 p.m.

Dec 2, 9, 16, 23, 30, ParentWorks Playgroup

Bldg 400 - behind clinic 9:30 p.m.

Dec 7, 14, 21, Teenline Activity Group

Dec 7: Naughty or Nice

Dec 14: Learning to Serve (Part 1) Dec 21: Learning to Serve (Part 2)

Bldg 255 - school-agers 4:15 p.m.

Dec 8, Eldercare Workshop

Bldg 2001, In-Flight Cafe Annex 11:00 a.m.

Dec 9, Stress Management

In-Flight Cafe Annex 11:00 a.m. & 2:30 p.m.

Dec 10, Tree Lighting Ceremony

5:30 p.m. Bldg 286

Dec 15, Stress Management

In-Flight Cafe Annex 11:00 a.m. & 2:30 p.m. Bldg 255 5:15 p.m.

Sometimes, you just need a helping hand. Let FAP reach out to help you. Call Rick Pedzwater, FAP Manager, at 770-7066.

> For more information on Family Advocacy Programs, call (717) 770-7066 or email richard.pedzwater@dla.mil

#### **Military One Source Expands Services**

Excerpted from www.mccsonesource.com

The Marines and Navy have signed on with *One* Source to offer six free and confidential counseling sessions for Marines, Sailors and their family members. This is the same plan that the Army has been offering to soldiers and family members, and is an expansion of the excellent information and referral services that they have been offering.

This is helpful to military members whose duty stations are not near military medical treatment facilities. They or their family members can call One Source 24/7 and get referred to a licensed therapist close to their residence zip code. Confidential help with stress, career, relationship, children and teens, or other personal and family matters is just a phone call away. Service members and their families are eligible for up to six free of charge and paperwork, face-to-face counseling sessions.

For more information or to access services, call One Source at:

MCCS One Source at 1-800-433-6868 or www.mccsonesource.com.

User ID: marines Password: semper fi

Navy One Source at 1-800-540-4123 or www.navyonesource.com User ID: Navy Password: Sailor

Army One Source at 1-800-464-8107 or www.armyonesource.com User ID: army Password: onesource

Air Force One Source at 1-500-707-57784 or www.airforceonesource.com User ID: airforce Password: ready

This additional service could help resolve personal and family matters. Service members and their families have the option of using Behavioral Health Services at Dunham Clinic on Carlisle Barracks at (717-245-4602). For more information contact Rick Pedzwater, Family Advocacy Program Manager, at 770-7066.



#### Four Quick Reminders

Family Advocacy provides assistance if:

Your spouse is deployed or on temporary duty out of state and you need a brief break from your kids.

You have a family member with a special medical, educational, or emotional needs.

You are pregnant or recently had a baby, you may be eligible for the WIC (Women, Infants, and Children) Program.

You are having trouble working out child or household management problems.

Call the Family Advocacy Program at 770-7066

# Caring for an elderly loved one?



We can help you with the ins and outs and legal information. Please join us for our

#### **Eldercare Workshop**

December 8, 2004 11:00 a.m. Bldg 2001

Call 770-7066 for more information.

# Running Out of Time?

If you feel constantly rushed trying to get everything done for the holidays. We can help you learn how to cope!

## Coping with Holiday Stress

Dec 1 Bldg 255 3:00 p.m.

#### **Stress Management**

Dec 9, In-Flight Cafe Annex 11:00 a.m. & 2:30 p.m. Dec 15, In-Flight Cafe Annex 11:00 a.m. & 2:30 p.m. Bldg 255 5:15 p.m.

Call 770-7066 for more information.

#### **ParentWorks**

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9:30 a.m. to 11:30 a.m.

Meets on Thursday mornings at Bldg 400, behind the clinic.

# Making Your Holiday Fire Free

by Henry Hoffman, DDSP Assistant Fire Chief

Carefully decorating your Christmas tree can help make your holidays safer. As recently as 1999, Christmas trees were the first item ignited in an estimated 370 home fires, resulting in 5 deaths, 60 injuries and \$15.7 million in direct property damage.

The leading heat source attributed to Christmas tree fires, civilian injuries and property damage was electrical arcing, accounting for 130 fires. Christmas trees were generally ignited by faulty lights, cords and plugs.

When decorating Christmas trees, always use safe tree lights (Some lights are designed only for indoor or outdoor use, but not both). Larger tree lights should also have some type of reflector rather than a bare bulb and all lights should be listed by a testing laboratory.

Never use electric lights on a metal tree. Follow the manufacturer's instructions on how to use tree lights. Any string of lights with worn, frayed or broken cords or loose bulb connections should not be used.

Always unplug Christmas tree lights before leaving home or going to sleep.

Never use lit candles to decorate a tree, and place them well away from tree branches.

Try to keep live trees as moist as possible by giving them plenty of water daily. Do not purchase a tree that is dry or dropping needles.

Choose a sturdy tree stand designed not to tip over.

When purchasing an artificial tree, be sure it is labeled as fire-retardant.

Children are fascinated with Christmas trees. Keep a watchful eye on children when

they are around the tree and do not let them play with the wiring or lights.

Store matches and lighters up high, out of the reach of children, preferably in a locked cabinet.

Make sure the tree is at least three feet (one meter) away from any heat source and try to position it near an



outlet so that cords are not running long distances. Do not place the tree where it may block exits.

Safely dispose of the tree when it begins dropping needles. Dried-out trees are highly flammable and should not be left in a house or garage, or placed against the house.

#### **Toy Safety Shopping Tips**

Excerpted from the Consumer Product Safety Commission website

#### **Under 3 Years**

Children under 3 tend to put everything in their mouths. Avoid buying toys intended for older children which may have small parts that pose a choking danger.

Never let children of any age play with uninflated or broken balloons because of the choking danger. Avoid marbles, balls, and games with balls, that have a diameter of 1.75 inches or less. These products also pose a choking hazard to young children.

Children at this age pull, prod and twist toys. Look for toys that are well-made with tightly secured eyes, noses and other parts.

Avoid toys that have sharp edges and points.

#### Ages 3 - 5 Years

Avoid toys that are constructed with thin, brittle plastic that might easily break into small pieces or

leave jagged edges.

Look for household art materials, including crayons and paint sets, marked with the designation "ASTM D-4236." This means the product has been reviewed by a toxicologist and, if necessary, labeled with cautionary information.

Teach older children to keep their toys away from their younger brothers and sisters.

#### Ages 6 - 12 Years

For all children, adults should check toys periodically for breakage and potential hazards. Damaged or dangerous toys should be repaired or thrown away.

If buying a toy gun, be sure the barrel, or the entire gun, is brightly colored so that it's not mistaken for a real gun.

If you buy a bicycle for any age child, buy a helmet too, and make sure the child wears it.

Teach children to put toys away when they're finished playing so they don't trip over them or fall on them.

#### Read the Label...

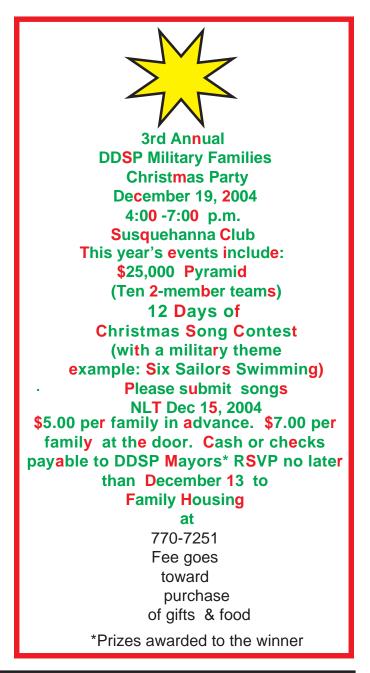
The U.S. Consumer Product Safety Commission requires toy manufacturers to meet stringent safety standards and to label certain toys that could be a hazard for younger children. Look for labels that give age recommendations and use that information as a guide. Labels on toys that state "not recommended for children under three ... contains small parts," are labeled that way because they may pose a choking hazard to children under three. Toys should be developmentally appropriate to suit the skills, abilities and interests of the child.

Shopping for toys during the holidays can be exciting and fun, but it can also be frustrating. There can be thousands of toys to choose from in one store, and it's important to choose the right toy for the right age child. Toys that are meant for older children can be dangerous for younger children.

Last year, an estimated 140,700 children were treated in U.S. hospital emergency rooms after toy-related incidents and 13 children died.

The U.S. Consumer Product Safety Commission and Kmart are teaming up to provide you with some tips to keep the kids you're buying for safe, and to make your holiday shopping a little easier.

The U.S. Consumer Product Safety Commission (CPSC) oversees the safety of toys and many other consumer products. For more information, call CPSC's toll-free hotline at 1-800-638-2772 or visit its website at www.cpsc.gov.



# Halloween Parade

By Brenda Twigg, Child and Youth Development Services Coordinator



turn out was astounding. The CDC staff, children and others dressed in a variety of costumes and paraded from building 255 to building 81 with lots of opportunities to "treat" in between. It was a special







"treat" to be joined by Captain and Mrs. Naber who spent the morning with us while we marched in search of yummy goodies in the mild mist. Not even a slight sprinkle could dampen the mood of the ecstatic treaters and their guests. The children, parents and





staff were greeted by many DDSP and DDC employees some of whom joined in the parade. As always we are thankful to everyone who came out to take part in the festivities, your thoughtfulness and dedication to the children does make a difference. What a tremendously positive way to kick off the holiday season!

# **Expecting Guests? Here are Some Things you Need to Know**

Lisa Davenport, Security Specialist and J.O. Rimel, Chief, Public Safety

Effective immediately the following requirements are in effect for guests of installation residents.

#### Actions by Installation Residents:

Military sponsors or spouses are required to notify our Emergency Dispatch Center, 770-6270, when they are expecting guests. This notification will require the resident to identify the guest(s) by name and estimated time of arrival. Guests must be directed to use Post 3 (Old Depot Road) exclusively.

#### Actions by Police:

Upon arrival of the guest(s) at Gate Three, police will verify their identity; ensure the vehicle operator has a valid operating license. Police will then issue a visitor pass and provide directions if necessary and allow entrance.

#### Definition of Guests (s):

Individuals visiting the Military sponsor or family members.

Military sponsors or family members participating in carpools for school sponsored and sporting activities.

Individuals picking up residents to transport for social events off the installation.



#### **ADOPT A HIGHWAY**

By Sue Hutchison, Recycling Program Manager

DDSP held the biannual Adopt-A-Highway on Saturday, October 23, 2004. The 18 participants included: Capt. James Naber and his son Jeremy, Andy Leitzel, Jeff McCauslin, LCDR Elizabeth Beaty, Lt. Paul Benishek, Becky Lender, Chuck and Sue Hutchison, Jim Marshall, Rick Pedzwater, John Breining, Warren Clowdis, Jared Mumma, John Shirk, Andrew Wallace, Jonathon Olewine and Justin Martin.

The morning started out very foggy, but after drinking a cup of coffee and eating a donut (provided by the Post Dining Services), some of the fog started to burn off and clean up started.

As usual, the Fire Department can always be counted on to participate. Their crew covered the area of Old York Road from the top of Reeser's Summit down to the truck gate (Post 4). Captain Naber, his son and Andy took the access road (from the light at Rt 114 to Old York Road). Coverage from the Iron Bridge to the intersection of

Old York Road and Old Depot Road was headed up by Jeff and his crew of LCDR Beaty, Lt.



Benishek and Rick Pedzwater.

Sue, Chuck and Becky covered Old Depot Road from Post 3 to Old York Road and continued on Old York Road to the truck gate at Post 4. Jim Marshall drove the vehicle taking pictures and making sure we all had enough supplies to complete our mission.

Approximately 30 bags of trash was collected which covers approximately 3 miles of road. Each volunteer was given a \$5.00 food voucher good at any Post Restaurant. Thanks to all who came out to help and we hope to see more of you next spring.

#### DDSP Police Use Federal Police Academy

Merritt J. Frownfelter Sr, Physical Security Specialist,

Artesia, New Mexico and Brunswick, Georgia, are the locations for the Federal Law Enforcement Training Academies, (FLETC). DDSP Police Services use both sites for Basic Police Instruction, Police Supervisor Course, Police Bicycle Training, Federal Firearms Instructor training, Physical Security Programs and Criminal Investigators Class. Courses are from two weeks for the supervisors course and twelve weeks for the basic course. New DDSP Police Officers spend three months studying Federal Law, Court Proceedings, Firearms and Use of Force, Pursuit Driving, Self Defense, Expandable Batons, Physical Fitness, First Aid and Communications. Ninety percent of new officers attend the basic course within their first year at DDSP. The Police Services Branch boasts an eighty percent overall attendance rate. Physical Security Specialist and Criminal Investigators learn the latest systems and programs with state of the art equipment and instructors. All graduates emerge with federal accreditation in Law Enforcement, Investigations or Physical Security. FLETC Instructors come from a variety of federal Law Enforcement agencies with a great amount of training, experience and education in the Police field.

The use of FLETC training has greatly increased the Police Services Branch's capability to provide a safe and secure work and community environment for DDSP employees and residents.

# Have a Happy Holiday Buckle up!

# TRICARE Retiree Dental Program Provides Added Value

By Lynn Jamroz, R.D.H, Marketing & Communications Rep TRICARE Retiree Dental Program, Delta Dental of CA

For more than six years, the TRICARE Retiree Dental Program (TRDP) has been helping Uniformed Services retirees - including retired members of the Guard and Reserve - and their families meet their dental health care needs. The TRDP provides its enrollees, now numbering over 800,000, with a comprehensive scope of benefits, including coverage for crowns, bridges, dentures, orthodontics and dental accidents as well as for routine cleanings and exams, fillings, root canals, gum treatment and oral surgery.

Service under the TRDP is available in all 50 United States as well as the District of Columbia, Puerto Rico, Guam, the U.S. Virgin Islands, American Samoa, the Commonwealth of the Northern Mariana Islands and Canada.

Enrollees in the TRDP can receive care from any licensed dentist of their choice within the service area. However, they can realize even greater savings by choosing to receive their dental care from one of the thousands of DeltaSelect USA and DeltaPreferred Option USA dentists providing treatment for TRDP enrollees.

Delta Dental of California has been administering the TRDP contract since 1998 and in May 2003 was awarded a new contract with the Department of Defense to continue serving as the TRDP administrator into 2008. Under the terms of the renewed contract, the TRDP continues to offer the same great scope of benefits, as well as:

- \* an increase in the annual maximum and lifetime orthodontic maximum, to \$1,200 each:
  - \* a family deductible cap of \$150 annually;
  - \* an enrollment commitment of only 12 months;
- \* a waiting period of only 12 months for coverage of crowns, bridges, dentures and orthodontics at

50% of the program allowable amount; and

\* an expanded network of dentists in over 81,000 locations nationwide.

"We are excited about the impact the enhancements that went into effect with the contract renewal have had on the program. These enhancements have made the TRDP an even greater value to our current and potential enrollees," says Tom McDavid, director of Federal Marketing and Communications for Delta Dental. "Since the program began in 1998, not only have we far exceeded our initial enrollment projections, but we have retained a large percentage of our original enrollee base - which means that enrollees are satisfied with the TRDP, opting to remain enrolled beyond their initial commitment, and using their program benefits."

To receive a complete enrollment package or for more information about the TRDP, visit the web site at www.trdp.org, or call Delta toll-free at 1-888-838-8737.

Special Child Development & School Age
Day Care Opening
December 11
9:00 a.m. - 1:00 p.m.

Registered Children
\$3.00/hr

Non-Registered families \$15.00 registration fee

+ \$3.00 per hr.
Child's file must have:
2 emergency contact
numbers &
all shots must be

up-to-date.

Reservations required by COB Dec 8.

Call 770-6768

First come - First Served.

#### **Free College Money**

Post-secondary education ranks as one of the best investment deals available. With the cost of undergraduate education at an all time high, the need is equally as high. It is important not to bypass an opportunity for financial aid. Army Emergency Relief (AER) offers financial assistance for undergraduate study for dependent children of Army Soldiers, active, retired, or deceased. Scholarships are awarded based primarily on financial need, secondarily on academic achievements and individual accomplishments. The only way to ensure your child will be considered for a scholarship is to mail all requested documents by the established postmark deadlines.

The MG James Ursano Scholarship Fund administered by AER is for students who study at an undergraduate, technical or vocational institution accredited by the U.S. Department of Education or for first year preparation for the service academies. This includes students who are contemplating enrollment for the next academic year, those already pursuing undergraduate post secondary or vocational studies, and those who are planning to attend these programs after high school graduation in 2005.

In academic year (AY) 2004-2005, 93% of all students with complete applications were awarded scholarship funds. AER assisted 2022 children of retirees with \$2,989,700 in scholarships ranging from \$900 to \$1900 for financial aid. Awards are provided annually for up to four years of undergraduate study.

A student applying for the 2005-2006 AY may not reach his or her 23rd birthday before June 1, 2006. The applicant must be an unmarried dependent child of an active duty or retired soldier or a soldier who died while on active duty or in a retired status. All soldiers and students must be registered in the Defense Eligibility Enrollment Reporting System (DEERS). You can verify the student's status with DEERS RAPIDS at 1-800-538-9552.

Applications for the AER scholarship program, 2005-2006 (AY), are available by mail from AER HQ between November 1, 2004 and February 21, 2005. The web application is available as hard copy from the website or students may apply online at, <a href="http://www.aerhq.org/Start.asp">http://www.aerhq.org/Start.asp</a>, November through March 1, 2005. Mailed applications and/or supporting documentation must be postmarked not later than March 1, 2005 for the 2005-2006 AY. Other important deadlines are outlined in the scholarship instructions. Applications and supporting documentation are not accepted by FAX or e-mail.

Letters mailed the week of June 1, 2005 will notify on-time applicants about scholarship awards. Scholarship funds are to be used for education costs including tuition, books and fees, or room and board while attending full-time at the school accepting the funds. Students must reapply each year and be in good academic standing, GPA of 2.0 on 4.0 scale minimum.

We have a list of many websites with college information and financial aid resources on our education web page, <a href="http://www.aerhq.org/education\_collegelinks.asp">http://www.aerhq.org/education\_collegelinks.asp</a>.

To obtain an application by mail, forward your request to ARMY EMERGENCY RELIEF, MG James Ursano Scholarship Fund, 200 Stovall Street, Dept. College, Alexandria VA 22332-0600

Please call
770-7737
or
770-7066
if you need
Emergency Relief



#### Defense Act Increases Pay, Provides Benefits

President Bush signed the \$420.6 billion National Defense Authorization Act Oct 28. The bill makes up 19.9 percent of the total fiscal 2005 federal budget and 3.6 percent of the gross domestic product. Last year, the percentages were 20.2 percent and 3.8 percent, respectively. The authorization act is the second of two bills that had to become law for the Defense Department to operate. The first is the Defense Appropriations Act, which the president signed into law Aug 5. The appropriations act provides the money; the authorization act gives DoD the OK to spend it. The bill raises the end-strength level of the Army and Marine Corps by 20,000 and 3,000, respectively. Army end-strength will be set at 502,000; Marines, 178,000. In addition, the bill funds a 3.5 percent across-the-board pay raise for service members and eliminates outof-pocket expenses for housing by increasing the basic allowance for housing. The bill also makes permanent increases in hostile fire/ imminent danger pay to \$225 per month and in family separation pay to \$250 per month. For more information, see http://www.military.com

#### Scholarships for Military Children Program Enters Fifth Anniversary Year

The fifth year of Scholarships for Military Children is now underway. Administered by Fisher House Foundation and funded by the manufacturers and industry supporting commissaries, the program has awarded over \$3 million through nearly 2,000 scholarships to the sons and daughters of active duty service members, Guard and Reserve members, and military retirees. Applications for the 2005 program are available at commissaries or online: http://www.commissaries.com.

# **Troops to Teacher Seeking Applicants**

Troops to Teacher, a federal program providing funding to former and current military personnel to help them earn their teaching certification, is seeking prospective teachers in North Carolina. Service members and veterans who are interesting in learning more about the opportunity can request information online at http://tracking.military.com



# Postal Service Suggests Deadlines for Holiday Mailing

Excerpted from Military.com

The United States Postal Service has released the 2004 holiday recommended mailing dates to send packages to or from the United States or forces in the Middle East. Different dates have been set for the various mailing options and mail destined for military members with deployed units, which have APO addresses starting with 093. There is a 70 pound limit for incoming or outgoing APO/FPO mail. For mail going to APO and FPO addresses: Packages sent Parcel airlift - Dec. 4; Priority mail, first-class cards and letters - Dec. 11; for APO addresses beginning with 093 - Dec. 6. Express mail - Dec. 20. Local post offices can determine which APO/FPO addresses can receive express mail, but Navy ships do not have express mail services.

For mail from APO and FPO addresses: Parcel airlift - Dec. 4. Priority mail, first-class cards and letters - Dec. 11. Express mail - Dec. 18. Only certain base post offices can send express mail.

The United States Postal Service also recommends that all mail carry the service member's full name, with or without rank, military organization or unit, and full APO or FPO address, but should not indicate the deployed country's name in any part of the address.

December 2004 2.5

# THE SE

# Low Impact Aerobic Classes



Tue & Thu 4:30 p.m.

Free for military & civilian employees

Taught at the Fitness Center by West Shore YMCA staff.

For more information, call the Fitness Center at 770-6428.

#### Dollar\$ & Cent\$

Used Cars (Before buying any used car):

- \* Compare the seller's asking price retail price in a "bluebook" or other guide to car prices found at many libraries, banks, and credit unions.
- \* Have a mechanic you trust check the car, especially if the car is sold "as is."
- \* Consider purchasing a used car from an individual you know and trust. They are more likely than other sellers to charge a lower price and point out any problems with the car.

#### **Auto Leasing**

- \* Don't decide to lease a car just because the payments are lower than on a traditional auto loan. The leasing payments may be lower because you don't own the car at the end of the lease.
- \* Leasing a car is very complicated. When shopping, consider the price of the car (known as the capitalized cost), your trade-in allowance, any down payment, monthly payments, various fees (excess mileage, excess "wear and tear," end-of- lease), and the cost of buying the car at the end of the lease. Keys to Vehicle Leasing: A Consumer Guide, published by the Federal Reserve Board and Federal Trade Commission, is a valuable source of information about auto leasing.

#### Gasoline

- \* You can save hundreds of dollars a year by comparing prices at different stations, pumping gas yourself, and using the lowest-octane called for in your owner's manual.
- \*You can save up to \$100 a year on gas by keeping your engine tuned and your tires inflated to their proper pressure.

#### Car Repairs

Consumers lose billions of dollars each year on unneeded or poorly done car repairs. The most important step you can take to save money on these repairs is to find a skilled, honest mechanic. Before you need repairs, look for a mechanic who is certified and well established; has done good work for someone you know; and communicates well about repair options.

#### **Calendar of Events**

Dec 1 - 5, Pennsylvania Christmas and Gift Show, Farm Show Complex, 2300 North Cameron Street, Harrisburg. Dec 1 - 3; 10:00 a.m. - 8:00 p.m.; Dec 4, 9:00 a.m. - 8:00 p.m.; Dec 5, 10:00 a.m. - 5:00 p.m.

Nov 19 - Dec 31, **Hershey Sweet Lights** (drivethru), Hershey. Wind thru two miles of wooded winter trails while you gaze on a million sparkling lights on nearly 600 enchanting animated displays. Starts at 5:00 p.m. Call 1-800-HERSHEY for information.

Nov 19 - Dec 31, **HERSHEYPARK Christmas CandyLane**, Over one million twinkling lights brighten a winter wonderland. Enjoy carolers, brass bands, heated village shops, Santa and hi live reindeer. Admission is free. Pay for rides as you go. Call 1-800 HERSHEY for information.

Dec 3, **Boys Choir of Harlem**, Hershey Theatre, Hershey. 8:00 p.m. Call 717-534-3405 for information.

Dec 4, **Winterfest in Mount Joy**. Join us for a holiday event on Main Street in the heart of Mount Joy. Sample food from 14 area restaurants; enjoy an evening of musical entertainment and community caroling; visit Santa and his reindeer; shop for gifts from local non-profits agencies and the Little Shoppers' Store for children; watch an ice carver and Obie the Clown; see the annual tree lighting ceremony. Event is free. 4:00 - 7:00 p.m.

Dec 8, **Eldercare Workshop**, Bldg 2001, In-Flight Cafe Annex, 11:00 a.m. Call 770-7066 for information.

Dec 10, Family Housing Tree Lighting Ceremony, Bldg 286, 5:30 p.m.

Dec 11 - 12, **Marketpro Computer Show and Sale**, Farm Show Complex, 2300 North Cameron Street, Harrisburg. Call 301-984-5950 for more information.

Dec 11 - 12, **Eastern National Gun & Knife Show and Military Collectibles**, Farm Show Complex, 2300 North Cameron Street, Harrisburg. Call 570-679-2250 for more information.

Dec 11, **Hershey Bears vs. Bridgeport Sound Tigers**, Giant Center, Hershey. 7:00 p.m.

Dec 12, **Norbelco Special Olympics 500**, Farm Show Complex, 2300 North Cameron Street, Harrisburg. Call 717-865-7260.

Dec 12, **Hershey Bears vs. Lowell Lock Monsters**, Giant Center, Hershey. 5:00 p.m.

Dec 18, **Hershey Bears vs. Manchester Monarchs**, Giant Center, Hershey. 7:00 p.m.

Dec 19, **Family Housing Party**, Bldg 286, 4:00 p.m.

Dec 19, Hershey Bears vs. Syracuse Crunch, Giant Center, Hershey. 5:00 p.m.

Dec 26, **Hershey Bears vs. Norfolk Admirals**, Giant Center, Hershey. 5:00 p.m.

Dec 29, **Hershey Bears vs. Binghamton Senators**, Giant Center, 7:30 p.m.

Dec 31, **New Year's Eve Bash**, Susquehanna, Club, 7:00 p.m. Cocktails, 8:00 p.m. Dinner, 12:30 a.m. Breakfast. Call 770-3030 to make your reservations.

Dec 31, **Hershey Bears vs. Philadelphia Phamtoms**, Giant Center, 5:00 p.m.



# Susquehanna Club's New Year's Eve Bash!



**Continental Breakfast:** 

12:30 am - 1:00 am

Reservations and Payments must be made by **December 22<sup>nd</sup>! Call 770-3030** Visa, Mastercard and Checks accepted.

Afterwards, stay at Lodging for a reduced rate of \$20.00!! To make reservations call 770-7035 before December 27th.

It's a short drive from the club.

 $\overline{2.8}$ December 2004